

Anytime Pizza

Makes: 2 servings

Make your own pizza topped with green peppers, mushrooms, or other vegetables

Ingredients

- 2 Italian or French bread (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese (low-fat, shredded)
- 3 tablespoons green pepper (chopped)
- 1/5 cup mushrooms (fresh or canned, sliced)
- vegetable toppings (other, as desired, optional)
- Italian seasoning (optional)

Directions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

Notes

Nutrition Information

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 180 |
| Total Fat | 7 g |
| Saturated Fat | 4 g |
| Cholesterol | 15 mg |
| Sodium | 540 mg |
| Total Carbohydrate | 21 g |
| Dietary Fiber | 3 g |
| Total Sugars | 2 g |
| Added Sugars included | N/A |
| Protein | 12 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |

N/A - data is not available

Learn more about:

- [Mushrooms](#)
- [Bell Peppers](#)

Source: University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat